

Ageing Eyes

Ageing is a manifestation of a natural phenomenon, Most of us consider it a curse that we would like to assiduously protect themselves by following the advice of anyone who knows something about the art of aging well. Not everyone equates aging with the positive connotation of acquisition of greater wisdom, wealth and maturity, rather we'd like to see us with the splashing in the sparkling waters of the fountain of youth for as long as possible. So when age-related poor vision sets in, it's an all too painful reminder that the physiological phenomenon of ageing has finally caught up on us.

Presbyopia starts between 40-45 which causes the eye to encounter difficulties on focusing on an object. It is believed to be caused by loss of elasticity of the lenses in old age. But all is not lost: Even when presbyopia has set in, here are just some of the things you can do to [improve sight](#).

Improve your diet

The first step in improving vision and halting age-related eye degenerative diseases such as cataracts and AMD (age related macular degeneration) is to repair our diets: Today, it lacks many of the essential nutrients that are imperative for optimal health of the eye. For example, omega-3 fatty acids, which are abundant in sea food especially fish like salmon and cod liver oil are extremely beneficial for eye health. Antioxidants such as Carotenoids, which are present in carrots and other leafy vegetables are also sorely lacking. Other factors which contribute to rapid aging effects on the eyes are consumption of alcohol, smoking and cholesterol reducing medication which tends to greatly reduce the absorption of carotenoids in to the diet.

Incorporate a greater number of greens in your diet such as carrots, spinach, broccoli and kale. You may also want to rev up your system by taking some supplements. However, the best vitamin sources are found in the grocery store rather than the pharmacy.

Pinhole glasses

Pinhole glasses manufactures claim that this product can permanently [improve eyesight](#). They work on the principles of a pinhole camera, and by continuous wear and combined with eye exercises, they force the vision to improve rather than having them depend on prescription wear.

Intraocular lenses

In recent years a new and sophisticated technique has been approved in which presbyopia-correcting intraocular lens are incorporated in the eye. Their color filters protect the retina and block harmful UV rays. They are usually used for cataract correction and allow you to see for both near and far-vision. The surgical techniques involves anesthetizing the eye with topical agents, the surgery itself takes under half an hour and allows you to return home the same day.

Laser Treatment: Not only is vision improved by correcting ailments such as Diabetic retinopathy and age-related macular degeneration, you can also use LASIK to achieve mono-vision to allow you to go about your daily life without any aids as one eye is treated for near-vision while the other for far-vision.

Conductive Keratoplasty: is performed on a single eye resulting in correction of the vision by increasing curvature of the cornea by radio waves.

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